PARKINSON’S FITNESS

Fitness classes are designed to allow a safe, effective, fun way for people with Parkinson’s to exercise. Classes are taught by physical therapists and physical therapist assistants with specialized Parkinson's training and certifications including Delay the Disease, LSVT BIG and Parkinson Wellness Recovery. Classes are designed to work on posture, gait, freezing, rigidity, balance, fatigue, and confidence. Our goal is to help those diagnosed with Parkinson’s to overcome daily obstacles by incorporating a fun, fitness routine into their lives. Caregivers are encouraged to participate.

DATE/TIMES:
Low intensity: Thursday 12-1 pm
Medium Intensity: Monday, Wednesday & Friday 12-1 pm
High Intensity: Monday, Tuesday & Thursday 4-5 pm

LOCATION:
NeuroRehab & Balance Center
Campus of Southview Hospital
Yankee Medical Center
7677 Yankee Street, Suite 210

COST
$15 per class OR $90 for 8 classes*
(*classes must be scheduled/used within 12 weeks of purchase or will be forfeited)

REGISTRATION IS REQUIRED.
Please call 937-401-6109 for registration.

www.ketteringhealth.org/neurorehab